

Grower Profile



Peach Blossoms

Twin Girls Farm

Ignacio Sanchez, or “Nacho” as he is referred to by family and friends, emigrated from Mexico with his family in 1964 to a small town called Cutler, CA. He was three years old at the time. His parents were seasonal harvesters of tomatoes, oranges, and stone fruit. At that time families were allowed to bring their children along to harvest. It wasn’t long before Nacho was running his own crew for a farm at the young age of thirteen. After graduating from college with a degree in Plant Protection, he purchased 6.34 acres of tree fruit in 1989 with his wife, Cassi. “It was a big step, but owning my own farm was my ultimate dream.” In 1991 Nacho and Cassi’s twins, Christyna and Serena, were born, thus inspiring the name Twin Girls Farms. When their third daughter Savannah was born, Nacho named a couple of peach varieties after her (one of which is in your box this week).



parents who now work with him. All of Nacho’s production is registered organic by QAI

(Quality Assurance International). “We use old cultural practices when it comes to farming organic. The many different commodities require different monitoring, applications and different preventative measures.”

Nacho states, “My diversity is key. My niche is farming organically and farmers’ markets. I am very loyal and grateful for farmers’ markets. I wouldn’t be in this business if it weren’t for farmers’ markets.” Nacho works seven days a week and his crew starts at 6 a.m. He leaves his packing facility at 1 a.m. in the morning for the farmers’ markets in the Bay Area.

Nacho says his employees are an integral part of his operation. “My employees are very hard-working and loyal. They would do almost anything within reason for me. They have year-round employment with me as opposed to seasonal. I try to pay them higher than the typical wage and treat them the way I like to be treated.”

Nacho’s acreage has grown from his initial purchase to over 400 acres producing over 90 different varieties of organic citrus and tree fruit. “I didn’t inherit anything. I have 14 farms now - 60 miles apart from both ends. I love the challenges of this business. I love what I do - growing, meeting people, experimenting with different varieties. There are lots of benefits, but I also enjoy the high risk. I am good at this.”

This Grower Profile is excerpted from KQED website at: <http://www.kqed.org>. For the complete article go to <http://www.kqed.org/topics/home/cooking/farmer-month-jan.jsp#>.

Interview by Eileen Pardini and photography by Ron Pardini

Fruit News and Facts

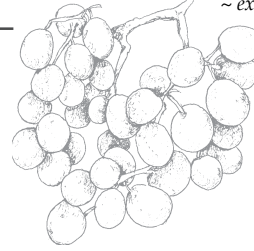
This is the 4th year of offering fruit to our shareholders and my third year writing the fruit newsletter. During the course of those three years, I have learned quite a bit about taking care of the fruit that we receive. In that time, I have had some amazing food experiences that I wouldn’t have had without such fresh fruit. I still remember the buttery Blenheim apricots we had 3 years ago and who can forget the Dolga crab apples and Moonglo pears from Future Fruit Farms in Wisconsin last season. I have also watched, or should I say encountered, fruit that I neglected or didn’t know very well. For instance I left a somewhat green pineapple on my kitchen table, anticipating the juicy ripe pineapple I expected to find a few days later, only to discover that it had rotted to the core. In my investigation, I learned that pineapple didn’t have a chance. They don’t continue to ripen after they are picked. Utilizing all of the fruit I have gotten requires learning each fruits’ moods and sensitivities. It requires daily conversations to check for bruises, scrapes, or the perfect give under the pressure of my thumb for eating. Sometimes there is more fruit ripe than I can eat in a day, so I have had to be creative. Cutting up pieces and freezing them for smoothies or desserts. Or getting out my food dehydrator and making dried fruit for snacks, compotes or breads. I also love making lactic acid fermented drinks that are better than gatorade on a hot summer day (find a basic recipe in Sally Fallon’s *Nourishing Traditions* -- any fruit will work).

The goal of your fruit box is to bring special, fresh, high quality, tree (or vine or bush) ripened, organic fruit coming together from orchards, groves, and farms across the land. Your fruit box is the result of a partnerships between Co-op Partners in Minnesota, the Harmony Valley Farm CSA in Wisconsin, and the Angelic Organics CSA in Illinois.



Fruit Box

I like on the table,
when we're speaking,
the light of a bottle
of intelligent wine.
Drink it,
and remember in every
drop of gold,
in every topaz glass,
in every purple ladle,
that autumn labored
to fill the vessel with wine;
~ excerpted for Pablo Neruda's Ode to Wine



Box Contents

To Be Eaten first	May need ripening...
Red Rainier Cherries	Hass Avocados
Black Grapes	Santa Rosa Plums
Star Ruby Grapefruit	Yellow Nectarines
	Summer Sweet Peaches

Ethylene Table (Usually fruits produce, and vegetables are sensitive to, ethylene)

- EP: Ethylene Producer
- ES: Ethylene Sensitive
- EN: Ethylene Neutral

Ripening and Storage Techniques

Red Rainier Cherries (EN) are grown by Steness Orchards in Pateros, WA. Rick, our fruit buyer, says that they did such a good job pruning and providing reflective light to the under branches, the fruit is almost full color (instead of red and yellow). **It is very important** to store cherries in the coldest part of your refrigerator, usually near the back and bottom. The rule of thumb with cherries, as with berries, is not to wash the fruit until you are ready to eat. Not washing helps extend the storage life of the cherries.

Black Grapes (EN) are grown by Larson farm in CA. We are unsure of the exact variety of this grape. The flavor is rich, and deep like a concorde. Before storing, remove any spoiled grapes with broken skins or browning from the bunch. They should keep for a week to 10 days in the refrigerator.

Star Ruby Grapefruits (EN) are grown by Valley Center Farm in CA. 'Star Ruby' has a yellow peel with a distinct red-blush, intense red pulp, and juice 3 times more colorful than 'Ruby Red'. Because grapefruit is ripe when picked it will not ripen further once off the tree. Grapefruit will last for several days if stored at room temperature. Otherwise refrigerate in a plastic bag or in the crisper section where it will keep for several weeks.

Hass Avocados (EP) are grown in Mexico. When the fruit yields to gentle finger pressure, it is ready to be eaten. Store at room temperature until ripe. Monitor daily to check for ripeness. Storing near other ethylene producers accelerates the ripening process and may result in rot if you don't watch closely enough. Avocado, grapefruit, and sea salt make a delicious and refreshing salad or snack.

Santa Rosa Plums, (EP) grown by Oscar Carrillo in CA. These plums have a purplish-crimson skin with the light freckling that is characteristic of all Rosa type plums. The flesh is tart and red at the pit, radiating into sweet yellow flesh near the skin. A Fresno based website SheSpillstheBeans.com recommends letting the skins ripen just past springy to soft. Ripening this long helps to soften the bracing tartness of the skin. Kids that have a sour tooth will really love these.

Artic Sweet Nectarines (EP) are grown by Naylor farm in CA. These striking white flesh nectarines are some of the prettiest we've seen. The skin is a delicate buttery color. They have a very fresh aroma, with succulent rich flesh that will make your knees weak. Be sure to let them ripen fully, or they may be slightly bitter. Ideally ripen at room temperature on the counter top (not exceeding 78° F). This method requires daily checking for ripeness and eating when the fruit yields to gentle pressure. It is best to have room for air flow around each piece. Move to cold storage and eat within 1-3 days. Longer storage will diminish their juicy flavor.

Summer Sweet Peaches (EP) are from Twin Girls Farm in CA (see page 2 for the grower profile). We recommend waiting until the flesh has a little give to it for best results. See nectarines above for more storage details. Peach, cherry, and/or nectarine crisp or cobbler could be a simple way to feature some of your fruit. At home, I skip the sugar and drizzle about 2 tablespoons of maple syrup over a 9 x 13 pan before topping with crisp.

Delivery 3

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July 11th